



Thinking about quitting smoking?

Call the

Try-To-STOP TOBACCO
RESOURCE CENTER OF MASSACHUSETTS

- ✓ Free telephone counseling
- ✓ Stop smoking materials
- ✓ Referrals to local quit smoking programs

**You can quit smoking.
We can help.**

Call **1-800-TRY-TO-STOP** or **1-800-879-8678**

Visit our website at www.trytostop.org

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